

The effects of Ai Chi for balance in individuals with chronic stroke: a randomized controlled trial

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Supplementary Table S1. Movement description of 16-kata Ai Chi

#	Kata (Form)	Movement aim	Position	Movement action
1	<i>Contemplating</i>	Breathing control	Wide stance, weight evenly distributed	Both forearms alternatively supinated and pronated at 90-degree shoulder flexion.
2	<i>Floating</i>			Both arms flexed from 0 to 90 degrees and back down.
3	<i>Uplifting</i>			Both arms abducted from 0 to 90 degrees and back down.
4	<i>Enclosing</i>	Trunk stability		Both arms horizontally adducted until hands touching together and open again.
5	<i>Folding</i>			Both elbows maintained 90-degree flexion at side, alternating with shoulder external and internal rotation.
6	<i>Soothing</i>			Both arms abducted at 90 degrees, moving one arm horizontally to the other side and reverse.
7	<i>Gathering</i>	Basic coordination	Lounge position	Both arms flexed at 90 degrees, horizontally abducting the arm contralateral to the forward leg.
8	<i>Freeing</i>		Change between wide stance and lounge position	“Freeing” consisted of the movements in “soothing” followed by movements in “gathering”.
9	<i>Shifting</i>		Wide stance, weight reciprocally shifted to left and right	Arm movements were the same as “soothing” but with weight shifting laterally.
10	<i>Accepting</i>		Lounge position, weight constantly shifted forward and backward	Both arms horizontally abducted and adducted combined with weight shifting.
11	<i>Accepting with grace</i>		One leg standing	Movements are the same as “accepting”, but the forward leg should be off the ground during weight shifting backward.

12	<i>Rounding</i>			Movements are similar to “accepting”. But when the weight was shifted forward, back leg was simultaneously lifted up and flexed forward.
13	<i>Balancing</i>			Both arms flexed forward while one leg extended backward, and reverse.
14	<i>Flowing</i>	Advanced coordination	Walking with cross steps	Arms alternatively crossed before abdomen and open during cross steps.
15	<i>Reflecting</i>		Walking with cross steps and rotation	Arm movements are the same as “flowing”, but the steps integrated a 180-degree-turn after the crossed step.
16	<i>Suspending</i>		Jumping	Subjects crossed the leg with a gentle jump, and uncross with a 180-degree-turn

Supplementary Table S2. The six-week intervention program for Ai Chi group

	Movement aim	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up	Breathing control	#1, #2, #3					
Main exercise	Trunk stability	#4, #5, #6	#4, #5, #6	#5, #6	#5, #6		Practice #1-16 in sequence
	Basic coordination		#7	#8, #9	#10, #11	#12, #13	
	Advanced coordination					#14, #15, #16	
Gait training	Forward and backward walking, sideways, marching, high-knees, walking in normal speed and walking fast						

The # indicates the Kata (Form) described in Supplementary Table S1.